

SENSELESS SUICIDES.

What Napoleon the Great Thought of the Crime of Self-Destruction.

Epidemics are not confined to physical diseases; crimes are sometimes as contagious as certain fevers or the plague. Just now human nature is showing its radical eccentricity by suicide. Instances are reported from all sections of the country, and though insanity will account for many of them the large majority simply indicate a dissatisfaction with what life has to offer. If they were confined to those who are engaged in a hopeless struggle so long continued that heart and energy are exhausted, that would be one thing. But here is the case of a rich man or woman of society who lightly swallows the fatal drug, and in a pet or a fit of anger or for some other trivial cause opens the door and steps into the next room. One naturally seeks a reason for these startling acts. Do we dread death less than our fathers, and, if so, why? Is life gradually losing its value? Isn't there enough within the ordinary limits of earthly existence to keep our attention, that we must needs close up our accounts before its natural term expires? Do we live so rapidly and suffer so continuously from nervous depression that our grip slackens and we lose our hold without regret? Are the restraining influences of religion less powerful than formerly, that we spurn the guilt attached to suicide and risk the chances of the future? Have we lost our mental and moral power of resistance and endurance, and are we becoming the spoiled children of fortune, who must have all we want or we will vacate the premises and try our fortunes somewhere else? It was Napoleon the First who said: "Suicide is a crime the most revolting to the feelings; nor does any reason suggest itself to our understanding by which it can be justified. What claim can that man have to courage who trembles at the frowns of fortune? True heroism consists in being superior to the ills of life in whatever shape they may challenge him to combat."—N. Y. Herald.

Nervous Headache.

There are many kinds of headaches. In these days the nervous headache is a very distinct variety. It is generally located in front of the head, across the forehead over the eyes. It may be in other parts, though—at the top of the head, at one or both sides, at the back, or all over. It is painful, depressing, disabling. A man feels at the height of the paroxysm like a hunter who has galloped his legs clean off, and who could not leap a three foot ditch to save his life. The spur is of no use, neither is the whip. The pain in the head is worse to bear than either, and the patient will rather endure both whip and spur than make any kind of effort which will make the head pain worse. Physic by itself is of no use. There is not a single drug known to medical science which will of itself at once and permanently cure a nervous headache.

On the other hand drugs are not always needed. A complete change of air and circumstances will usually take away the pain in ten or twelve hours. Perfect rest of a duration proportioned to the severity and long continuance of the symptoms will make the cure permanent. There are, of course, methods of relieving and diminishing the pain until such time as it may be possible to obtain the complete rest. But the rest is the thing to be secured at all costs. If not, the pain goes from bad to worse and the risk from less to greater. The final consequence it is impossible to predict, except that a breakdown sooner or later is inevitable, and the breakdown may be for a year or for lifetime.

A nervous headache is a danger signal; if it be frequent the danger is increased, and, if continuous, a catastrophe is imminent. The driver must put on his brakes at all hazards, or he will probably soon have a leap for his life. There are very few sets of circumstances in which it is a man's duty to go on with his work when he is in this condition, at all risks. Even a threatened bankruptcy had better be risked than a threatened life. Besides a man who is in the unyielding grip of a permanent headache is not really the best judge of his own circumstances. He magnifies and distorts things amazingly. He takes counsel of his fears and abandons his hope and courage altogether. Rest, immediate and sufficient is the sovereign remedy. Two weeks at once may be better than a year very soon.—Doctor in New York Mail and Express.

Count Tolstol's Simple Life.

During my week's sojourn at Yasnaya Poliana, the count did no manual toil. He had not made any shoes for some time, and although he proposed plowing the field of a peasant woman whose husband was in jail for horse stealing, he did not actually get between the stiles. He really did not seem to have sufficient physical strength to do a long day's hard work. He was ailing, and, as he said, rejoicing in the consciousness that every day brought him nearer to death. We were all much concerned at the evident frailty of his constitution. The previous year, when he had hurt his foot against a cart wheel, he had been laid up for months. This year he was far from well, but he refused to have any advice from a doctor.

Physic and the healing art he held in profound disdain, and it was an attempt to secure the advice of the first physician in Moscow which precipitated the pilgrimage from Moscow to Yasnaya Poliana in the spring of this year. The vegetarian regimen which he has adopted was doing him no good. He was steadily pressing forward along the ascetic path. Until last year he enjoyed the cigarette; now tobacco, like wine and fresh meat, is tabooed. The son smokes, but not the father. Meat is served at dinner and supper, but he contented himself with curds, spinach or vegetables. He still allowed himself tea, almost the only luxury left. Like Gen. Booth, Count Tolstol is not yet "saved from tea." But that also will probably speedily follow the rest of the superfluities which have been discarded in the pursuit of the simplification of life.—W. T. Stead in St. Louis Republic.

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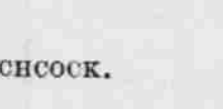
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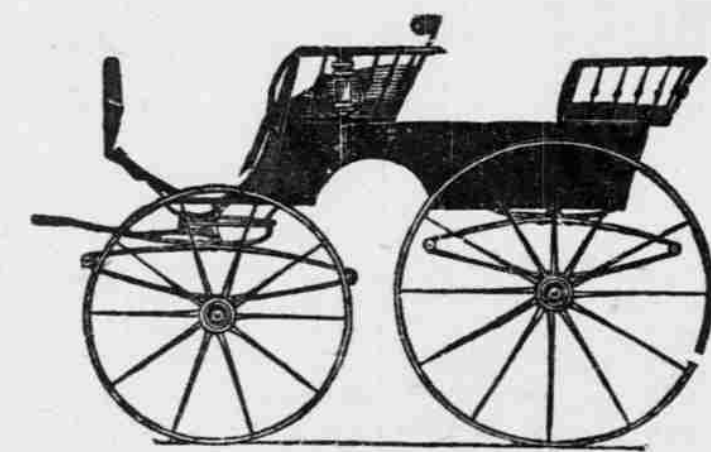
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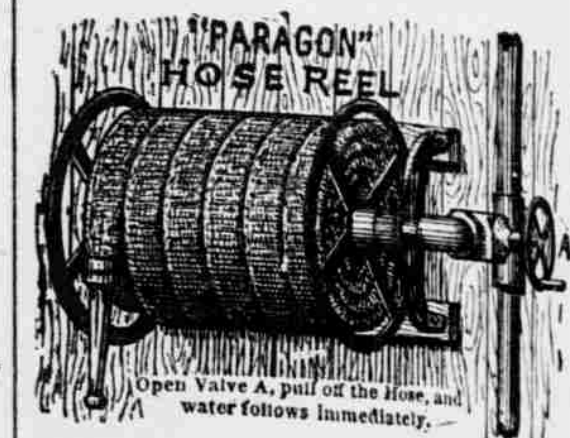
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